

# A STUDY ON THE IMPACT OF ACADEMIC STRESS AMONG SECONDARY SCHOOL STUDENTS

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## INTRODUCTION

The term stress can be defined as “the internal state which can be caused by physical demands on the body or by environment and social situations which are evaluated as potentially harmful, uncontrollable or exceeding the individual’s resources for coping”. Stress is a conscious or unconscious psychological feeling or physical situation which comes after as a result of physical or/and mental ‘positive or negative pressure’ to overwhelm adaptive capacities.

In Psychology the term stress has been used in two different ways. First it is defined as a state of Psychological upset or disequilibrium in an individual. In the 2nd case, stress is regarded as a class of stimuli which threaten an individual in the same way and this causes disturbance in his behaviour.

➤ There are four components of Stress.

- (a) Frustration
- (b) Conflicts
- (c) Pressure
- (d) Anxiety

## TYPES OF STRESS

**Eustress:** Eustress is pleasurable stress, exemplified by the feeling on experiences while race walking. Although physical and mental demands are placed on the body, these demands are voluntary and purposeful and the result seems to be beneficial.

**Distress:** It is condition characterized by emotional upset and physical strains. Distress frequently comes with it in unpleasurable, if not harmful, consequences.

**Hypostress:** It is condition involving too little stress, as in boredom.

**Hyperstress:** It is condition involving an excessive demand on our coping ability.

## ACADEMIC STRESS

Academic Stress is a stress when the expectations for the academic performance increases. Many students make adjustment, experience setbacks when they have to perform more independently or the times for the academic stress.

## NEED AND SIGNIFICANCE OF THE PROBLEM

No doubt, man has progressed tremendously and has been able to accomplish his desires but in this race of advancement, has fallen into the clutches of many ailment, some of which are of his own creation. The parents and teacher has always high expectation and high degree of level of aspiration. They always expect that all children should achieve and show high academic performance. By this type of attitudes children remain in stress and specifically they are in academic stress. Keeping in view, investigator has under taken the research problem related to academic stress.

## OPERATIONAL DEFINITIONS OF THE KEY TERMS USED

The following definition has been laid down:

**1. Academic Stress:** In the present study, by academic stress, it is stress when the expectation for the academic performance increase, many students make adjustment experience setback when they have to perform more independently or the time for the academic stress.

**2. Gender:** In the present study, gender includes boys and girls studying in different types of school.

### 3. Different Types of Schools

**(a) Government Schools:** The school or an educational institution which is run by the education department of the state government is known as Govt. School. Such types of school provide free education to the students.

**(b) Private Schools:** The school or an education institution which is run by an individual or by a body or a trust is known as Private school. In these schools, students have to pay fee for their education.

## OBJECTIVES OF THE STUDY

- [1] To find out the significance of difference in academic stress of secondary school students (boys and girls) with regards to their gender.
- [2] To find out the significance of difference between Government school boys and private school boys when academic stress is taken as dependent variable.
- [3] To find out the significance of difference between Government school girls and private school girls when academic stress is taken as dependent variable.
- [4] To find out the significance of difference between Government school boys and Government school girls when academic stress is taken as a dependent variable.
- [5] To find out the significance of difference between private school boys and private school girls when academic stress is taken as a dependent variable.

## HYPOTHESES OF THE STUDY

- [1] There is no significance of difference between the boys and girls on academic stress.
- [2] There is no significance of difference between the Government and Private school boys on academic stress.
- [3] There is no significance of difference between the Government and Private school girls on academic stress.
- [4] There is no significance of difference between the boys and girls of Government school on the basis of academic stress.
- [5] There is no significance of difference between the boys and girls of private school on the basis of academic stress.

## METHODOLOGY

### POPULATION

A population can be defined as including all people or items with the characteristic one wishes to understand. Because there is very rarely enough time or money to gather information from everyone or everything in a population, the goal becomes finding a representative sample of that population. The population of the study will comprise only boys and girls students currently studying in the government and private schools of Samba.

### SAMPLE

In research terms a sample is a group of people, objects, or items that are taken from a larger population for measurement. The sample should be representative of the population to ensure that we can generalize the finding from the research sample to the population as a whole. In the present study, 200 students (100 boys and 100 girls) from 8 secondary schools of Samba district were taken as a sample. The sample for the present investigation was drawn randomly from government and private schools.

### TOOL USED

The tool of my study is Standardised (Academic Stress Inventory) ASI by R. Balaji Rao (2010).

## RESULTS AND DISCUSSION

ANALYSIS OF SIGNIFICANCE OF DIFFERENCE BETWEEN THE SECONDARY SCHOOL STUDENTS ON ACADEMIC STRESS WITH REGARDS TO THEIR GENDER (BOYS AND GIRLS)

**Objectives 1:** To find out the significance of difference between the secondary school students on academic stress with regards to their gender (boys and girls).

**Hypothesis 1:** There is no significance of difference between the secondary school students on academic stress with regards to their gender (boys and girls).

**Table 1: Showing critical ratio between the secondary school boys and girls on academic stress**

Category	N	Mean	S.D	Calculated (CR)	Significance
Boys	100	63.80	27.44	3.26	Significant at 0.01 level.
Girls	100	76.10	25.83		

Significant at 0.01 level

#### INTERPRETATION

From table 4.1(c) shows that the calculated value of (CR = 3.26) is more than the table value of 2.58 at 0.01 level. Hence Hypothesis No. 1 that there is no significant difference between the secondary school boys and girls on academic stress is rejected. The mean of secondary school boys is 63.80 and secondary school girls is 76.10. It can be interpreted that secondary school girls have high stress than the secondary school boys. There may be various reason for academic stress among secondary school girls like workload of household activities, infavourable attitude of the parents, the attitude of parents towards the education of the girls and other social problems or taboos.

#### ANALYSIS OF SIGNIFICANCE OF DIFFERENCE BETWEEN THE GOVERNMENT AND PRIVATE SECONDARY SCHOOL BOYS ON ACADEMIC STRESS

**Objectives 2:** To find out the significance of difference between government secondary school boys and private secondary school boys when academic stress is taken as dependent variable.

**Hypothesis 2:** There is no significance of difference between the government and private secondary school boys on academic stress.

**Table 2: Showing critical ratio between the government and private school boys**

Category	N	Mean	S.D	Calculated (CR)	Significance
Govt. School Boys	50	77.70	23.28	6.15	Significant at 0.01 level.
Private School Boys	50	49.10	23.17		

Significant at 0.01 level

#### INTERPRETATION

From table 4.2(c) show that the calculated value of (CR=6.15) is more than the table value of (2.58) at 0.01 level. Hence Hypothesis No. 2 that there is no significant difference between the government and private school boys on academic stress is rejected. The mean of government school boys is 77.70 and private school boys is 49.10. It can be interpreted that government school boys have high stress than the private school boys. There may be various reason for academic stress among government school boys like teaching is not according to the mental level of the students, poor condition of government school, ignorance of the parents.

#### ANALYSIS OF SIGNIFICANCE OF DIFFERENCE BETWEEN THE GOVERNMENT AND PRIVATE SECONDARY SCHOOL GIRLS ON ACADEMIC STRESS

**Objectives 3:** To find the significance or difference between government and private secondary school girls when academic stress is taken as dependent variable.

**Hypothesis 3:** There is no significance of difference between the government and private secondary school girls on academic stress

**Table 3: Showing critical ratio between the government and private school boys**

Category	N	Mean	S.D	Calculated (CR)	Significance
Govt. School Girls	50	87.70	24.37	5.02	Significant at 0.01 level.
Private School Girls	50	64.50	21.72		

Significant at 0.01 level

#### INTERPRETATION

From table 4.3(c) show that the calculated value of (CR=5.26) is more than the table value of 2.58 at 0.01 level. Hence Hypothesis No. 3 that there is no significant difference between the government and private school girls on academic stress is rejected. The mean of government school girls is 87.70 and mean of private school girls is 64.50. It can be interpreted that private school girls have high stress than the government school girls. There may be various reason for academic stress of girls of government school like discriminative attitude of parents towards girls, workload in home and in outside and other social problems or taboos.

#### ANALYSIS OF SIGNIFICANCE OF DIFFERENCE BETWEEN THE BOYS AND GIRLS OF GOVERNMENT SCHOOL ON ACADEMIC STRESS

**Objectives 4:** To find out the significance difference between government secondary school boys and government secondary school girls when academic stress is taken as a dependent variable.

**Hypothesis 4:** There is no significance of difference between the boys and girls of government secondary school on the basis of academic stress.

**Table 4: Showing critical ratio between the boys and girls of government school**

Category	N	Mean	S.D	Calculated (CR)	Significance
Govt. School Boys	50	77.70	23.27	2.10	Significant at 0.05 level.
Govt. School Girls	50	87.70	24.37		

Significant at 0.05 level

#### INTERPRETATION

From table 4.4(c) show that the calculated value of (CR = 2.10) is more than the table value of (1.96) at 0.05 level. Hence Hypothesis No. 4 that is there is no significant difference between the boys and girls of government school on the basis of academic stress is rejected. The mean of government school boys is 77.70 and the mean of government school girls is 87.70. It can be interpreted that government school girls have high stress than the government school boys. There may be various reason for academic stress among girls of government school like poor economic condition, ignorance of the parents and infavourable attitude of the parents towards girls.

#### ANALYSIS OF SIGNIFICANCE OF DIFFERENCE BETWEEN THE BOYS AND GIRLS OF PRIVATE SCHOOL ON ACADEMIC STRESS

**Objectives 5:** To find out the significance of difference between private secondary school boys and private secondary school girls when academic stress is taken as a dependent variable.

**Hypothesis 5:** There is no significance of difference between the boys and girls of private secondary school on the basis of academic stress.

**Table 5: Showing critical ratio between the boys and girls of private school**

Category	N	Mean	S.D	Calculated (CR)	Significance
Private School Boys	50	49.10	23.27	3.43	Significant at 0.01 level.
Private School Girls	50	64.50	21.72		

Significant at 0.01 level

#### INTERPRETATION

From table 4.5(c) show that the calculated value of (CR = 3.43) is more than the table value of 2.58 at 0.01 level. Hence Hypothesis No. 5 that there is no significant difference between the boys and girls of private school on the basis of academic stress is rejected. The mean of private school boys is 49.10 and the mean of private school girls is 64.50. It can be interpreted that private school girls have high stress than the private school boys. There may be various reason for academic stress among girls of private school like joint families, various physical changes in girl and discriminative attitude of parents towards girls.

#### EDUCATIONAL IMPLICATIONS

The result of the study shows that the level of secondary students about academic stress, being in touch with daily lessons is a good idea. Try to be regular in attending and concentrating in lectures. Last minute studying should be avoided and remember that a regular seven hours of sleep is mandatory for the body to function well. One should identify the best time and place for studying and this varies with each individual. The students are aware of the exact topics that are going to come for the exams and previous year's question papers should give you an idea about the exam pattern.

Taking regular short breaks while working helps one relax and concentrate for longer. One should always set 'realistic' goals in life and never let negative thoughts get into one's mind. On the day of the exams one should remain calm and stop being nervous.

Teacher should give a proper care to their students. The should be treated politely and psychologically not rather harshly and bitterly.

The students should be given counselling sessions in order to maintain a good level of mental health.

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